



"NC Certified

Senior Center of Excellence"

Senior Connection

Activities for Mocksville & Farmington Sites

January, February, March 2017



Ms. Senior Davie County 2016

Congratulations to Ms. Senior

Davie County 2016, Donna Harris.

Donna won the crown at our very first pageant in September. Seven wonderful ladies competed, showcasing a wide variety of talents, along with an evening wear competition and a statement of beliefs.

Contestants were:

Donna Harris (Ms. Senior Davie County)

DJ Stine (1st runner-up)

Caldonia Evans

Mary Garcia

Phyllis Gough

Tricia Hardy

Carol Yow

*Be sure to join us for next year's pageant in
September, 2017.*

Sign up for Text Reminders

Great News! You can now subscribe to our reminder service and we will give you a reminder for things such as when the deadline for registration is getting close for large events, when the sign up date for day trips or yoga is approaching, or when we are having a special dress day such as National Wear Red Day.

To subscribe, text Remind to 888777.

*This will not affect our reminder
calls regarding events for which
you have registered.*

*You do not need to subscribe to
receive those reminder calls.*

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JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located in the Bobby H. Knight Senior Services Building at 278 Meroney Street.

Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 4:30pm, Saturday - 9:00am - 1:00pm.

Phone Number is 336-753-6230.

BLOOD PRESSURE SCREENINGS

Tuesday, January 3rd -10:45am - Multipurpose Room A

See all the details on pg. 19.



SENIOR BIRTHDAY PARTY

Thursday, January 5th - 2:00pm - Multipurpose Rooms A & B

Register no later than Dec. 29

Once again we will have one big birthday party for all seniors. Last year we had you guess baby pictures of the staff. This year we want you involved. Bring a picture of yourself between the ages of 15 - 25 to Senior Services before December 16. We will scan it & use it for a guessing game at the party. Cake and ice cream will be served. Open to adults 55 & older and exceptions under the general participation policy.

CORNHOLE CLINIC

Friday, January 6th - 10:00am - Multipurpose Room B

Facilitator: Jessica Pollard, Health & Wellness Coordinator

Register no later than Dec. 30

Cornhole is a fun, easy game to learn. Whether you are a beginner or a seasoned player, come to this clinic to learn the rules of the game and pick up some tips. Then try your hand at the league starting next week. Open to adults 55 & older and exceptions under the general participation policy.

ASK THE DOCTOR

Monday, January 9th - 10:45 - 11:15am - Multipurpose Room A
Speaker: Dr. George Kimberly

See all the details on pg. 19.

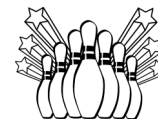


BOWLING LUNCH

Monday, January 9th - 12:30pm - Multipurpose Room B

Register no later than Dec. 30

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last session's winners. If you are not able to make the lunch, but want to bowl, call & let us know. Open to adults 55 & older and exceptions under the general participation policy.



HEALTHY LIVING FOR YOUR BRAIN & BODY

Tuesday, January 10th - 10:45am - Multipurpose Room A

Facilitator: Representative from the Alzheimer's Association

Register no later than Jan. 3

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging - cognitive activity, physical health and exercise, diet and nutrition, and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do - steps to take now to improve or maintain overall health in each area. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, January 10th - 1:00pm - Multipurpose Room B

Register no later than Jan. 3

See all the details on pg. 19.

SCRAPBOOKING

Tuesday, January 10th - 2:00pm - Classroom B

Register no later than Jan. 3

See all the details on pg. 12.

JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

WATER AEROBICS CLASS

Tuesdays & Thursdays, January 10 - February 16th - 2:30pm - 3:30pm - Davie Family YMCA

See details on page 17.

ALZHEIMER'S SUPPORT GROUP

Tuesday, January 10th - 6:30pm - Classroom B

Register no later than Jan. 3

See all the details on pg. 23.

SHARING & CARING

Thursday, January 12th - 1:00 - 3:00pm - Classroom B

See all the details on pg. 12.

CORNHOLE LEAGUE

Fridays, January 13th - February 3rd - 10:00am - Recreation Department Gym

Facilitator: Jessica Pollard, Health & Wellness Coordinator

Register no later than Jan. 6

Show off your cornhole skills and have some fun. Players will be assigned partners the first week and teams will play each week. The final week will be a playoff to crown the champion. Open to adults 55 and older and exceptions under the general participation policy.

VETERAN'S SOCIAL

Tuesday, January 17th - 10:30am - Multipurpose Room B

Speaker: Jessica Pollard, Health & Wellness Coordinator

Register no later than Jan. 10

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***



SENIOR BOOK CLUB

Tuesday, January 17th - 1:30 - 3:00pm - Classroom A

Register no later than Jan. 10

See at the details on pg. 19.

LUNCH WITH COUNTY COMMISSIONERS

Friday, January 20th - 12:00pm -

Multipurpose Room B

Register no later than Jan. 13

This will be an opportunity to sit down with our County Commissioners, enjoy lunch, and ask them questions that are important to you. Open to adults 55 and older and exceptions under the general participation policy.

HEALTHY DAVIE CHALLENGE KICKOFF

Saturday, January 21st - 10:00am - 2:00pm -

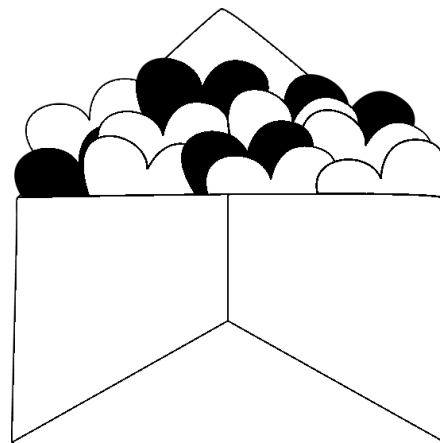
Davie County High School Large Gym

Davie County plans to put a focus on health and wellness in 2017. Our county will receive a health challenge that will offer something for everyone. Join other Davie County residents to learn the details of this challenge and get started on improving your overall health. Look for more information at the beginning of January. Will you step up to the challenge?

VALENTINE CARD DRIVE

January 23 - February 3

We are collecting Valentine cards (either handmade or store-bought) during this 2 week period. We will take the cards to the Ronald McDonald House. A box will be available to drop off the cards.



JAN. / FEB. SPECIAL EVENTS - MOCKSVILLE SITE



MONTHLY MOVIE

Monday, January 23rd (note change of date due to holiday) - 1:00pm - Multipurpose Rooms A & B

Register no later than Jan. 17

MPLC license No: 504019703

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

WHAT'S NEW AT THE LIBRARY

Tuesday, January 24 - 10:45am - Multipurpose Room A

Speaker: Jane McAllister, Library Director
Register no later than Jan. 17

Ms. McAllister will share some exciting programs happening at the library, as well as get input from you about things you would like to see. Open to adults of all ages - no children, please.

THEATRE CLUB

Tuesday, January 24th - 1:00pm - Classroom B

See all the details on pg. 20.

SHARING & CARING

Thursday, January 26th - 1:00 - 3:00pm - Classroom B

See all the details on pg. 12.



VALENTINE'S STRING ART CRAFT

Friday, January 27th - 1:00pm - Multipurpose Room B

Instructor: Sharon Allard, Events Coordinator

Cost: \$3.00

Register no later than Jan. 20

String art is very popular right now. This is an

easy craft that makes beautiful art for your walls. Just in time for Valentine's Day we will make a string art heart. An example will be displayed at Senior Services in advance of the class. Open to adults 55 and older and exceptions under the general participation policy.

SENIOR LUNCH

Tuesday, January 31st - 11:30am - Multipurpose Room B

Presenter: Betty Allgood & Donna Harris
Register no later than Jan. 24

Our Senior Lunch will feature Betty Allgood, a National Race-walk competitor in Senior Games, along with our Ms. Senior Davie County, Donna Harris. These two ladies will share stories to inspire us all to get up and move. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy.
Space limited to the first 90 who RSVP.



GOOD FOR YOUR HEART WALK

Thursday, February 2nd - 8:30 - 9:30am - Recreation Dept. Gym
Register no later than Jan. 26

We will meet at the gym to walk together and have some fun. Every few laps we will stop to participate in interactive games, activities and celebrations. Join us for great way to kick off your morning with a healthy walk. Open to adults 55 & older and exceptions under the general participation policy.

NATIONAL WEAR RED DAY

Friday, February 3rd

Heart Disease is the #1 killer for women. Help raise awareness by wearing red today when you visit Senior Services or wherever you may go.

TAX AIDE

TIME: Fridays and Saturdays, February 3 - March 3 - 9:00am - 1:00pm, 1st come, 1st served

Additional dates by appointment only:

- **Friday, March 10 - 9:00am - 1:00pm**
- **Saturday, March 11 - 9:00am - 1:00pm**
- **Friday, March 17 - 9:00am - 1:00pm**
- **Saturday, March 18 - 9:00am - 1:00pm**
- **Friday, March 24 - 9:00am - 1:00pm**

FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

- **Saturday, March 25 - 9:00am - 1:00pm**
- **Friday, March 31 - 9:00am - 1:00pm**
- **Saturday, April 1 - 9:00am - 1:00pm**
- **Friday, April 7 - 9:00am - 1:00pm**
- **Saturday, April 8 - 9:00am - 1:00pm**
- **Monday, April 10 - 9:00am - 1:00pm**

Location: Media Room

NO TAX AIDE MARCH 4

Tax returns are prepared and e-filed by trained and certified volunteer AARP tax counselors. There is no cost to the taxpayer. However, it is the taxpayer's responsibility to have all the appropriate documents and information for counselors to complete an accurate return in a timely manner. Please do the following prior to arriving at Senior Services:

- Bring the 2015 tax return along with the supporting documents.
- Open and place all 2016 documents together in a large envelope to be presented to the counselor who is preparing your return.
- Make sure you have all income documents from employment, pension, social security, interest, dividends, etc.
- Provide a broker's statement if stock was sold. If the stock purchase price is not on the broker statement, you must have written proof of the purchase price or the cost basis will be zero.
- Total all out-of-pocket cost (if itemizing) by categories for health and dental insurance, doctors' visits, drugs, etc. Each person listed on the return is required to have health insurance, either through Medicare, employer, or purchased from the marketplace; otherwise a penalty shall be calculated on the return. Please bring any of the following tax documents pertaining to 2016 health insurance that you may have received: exemption letter, or a form 1095 A, B, or C.
- List all charitable donations and provide evidence (letters or receipts from organizations) of the dollar amounts.
- If your social security number has been compromised by identity theft, please bring

the letter with the pin number issued by the IRS.

If you are interested in becoming a Tax Aide counselor, please contact Senior Services. The continued success of this program is dependent upon qualified volunteers who are willing to take the test to be certified.

ASK THE DOCTOR

Monday, February 6th - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 19.



BLOOD PRESSURE SCREENINGS

Tuesday, February 7th - 10:45am -

Multipurpose Room A

See all the details on pg. 19.

LONG TERM CARE - HOW TO CHOOSE & HOW TO PAY

Wednesday, February 8th - 10:45am -

Multipurpose Room A

Speaker: Ellen Atkins

Register no later than Feb. 1

For many people, going to a long term care facility is a decision they will have to make, whether it is for themselves or for a loved one. There are many questions that arise - how do I know when it is time; how do I choose a facility; how do I pay for it? Ms. Atkins will provide some answers to these questions. Open to adults of all ages - no children, please.

SINGING TELEGRAMS

Thursday & Friday,

February 9 & 10

Cost: \$10.00 for 2 songs

Are you looking for a unique Valentine's Day idea for your sweetheart, friend or family member? Our very own Singing Seniors will go to the home or office of your loved one and serenade them. Call Senior Services to arrange the telegram. Cost is \$10.00 for two songs. You can choose the songs from a list or special requests will try to be accommodated. All money raised goes to Senior Services. This is open to all ages. Deadline is February 1st.



FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

SHARING & CARING

**Thursday, February 9th - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 12.

DINNER & A MOVIE

Thursday, February 9th - 5:30pm -

Multipurpose Rooms A & B

Register no later than Feb. 2

MPLC license No: 504019703

Enjoy dinner and stay for a great movie. To learn the title, call Senior Services on or after January 31. This event is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

LIVE HEALTHY SCREENINGS

**Friday, February 10th - 9:00am - 1:00pm -
Multipurpose Room B**

**Screeners: Wake Forest Baptist Health &
Novant**

Sponsored by: Healthy Davie

Register no later than Feb. 3

Preventive care is one of the best ways to maintain and improve your health. Screenings can be helpful to know what conditions you may be at risk for and how to avoid these risks. The screenings provided will be cholesterol, A1C, BMI, and blood pressure. Screenings will be free of charge and open to all ages.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

**Tuesday, February 14th - 1:00pm -
Classroom A**

Register no later than Feb. 7

See all the details on pg. 19.

SCRAPBOOKING

**Tuesday, February 14th - 2:00pm -
Classroom B**

Register no later than Feb. 7

See all the details on pg. 12.

VALENTINE'S DAY PARTY

Tuesday, February 14th - 2:00pm -

Multipurpose Rooms A & B

Register no later than Feb. 7

Our annual Valentine's Day party will have great food and fun as well as great entertainment. Open to adults 55 & older and exceptions under the general participation policy.



ALZHEIMER'S SUPPORT GROUP

Tuesday, February 14th - 6:30pm -

Classroom B

Register no later than Feb. 7

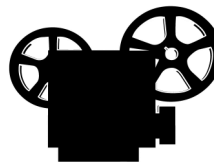
See all the details on pg. 23.

SENIOR GAMES/SILVERARTS/CHEERLEADER OPEN HOUSE

**Friday, February 17th - 10:30am - 12:00noon -
Multipurpose Room B**

Register no later than Feb. 10

Are you curious about Senior Games and SilverArts? Do you have a little competition in you? Were you a cheerleader in high school, or did you ever want to be one? Do you like to have fun? If you answered yes to any of these questions, come to this open house to learn what Senior Games is all about. There are many components of Senior Games - it's not just for athletes. This year we will have our first cheerleading squad in years to cheer on the games. Drop by during this open house to learn more, try out a few events, and pick up your registration packet. Open to adults 50 and older.



MONTHLY MOVIE

Monday, February 20th - 1:00pm

- Multipurpose Rooms A & B

Register no later than Feb. 13

MPLC license No: 504019703

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

FEB./MARCH SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR BOOK CLUB

Tuesday, February 21st - 1:30 - 3:00pm - Classroom A

Register no later than Feb. 14

See at the details on pg. 19.

BLACK HISTORY MONTH CELEBRATION

Wednesday, February 22nd - 10:30am -

Multipurpose Rooms A & B

Register no later than Feb. 15

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is always filled with great music. Speaker this year will be Mrs. Gladys Scott. Lunch will be served at 11:30 am for those who wish to stay. Open to general public of all ages.

LIVING HEALTHY WITH CHRONIC CONDITIONS

Thursdays, February 23rd - March 30th - 10:00am - 12:30pm - Classrooms A & B

Instructors: Jessica Pollard & Carol Crooks

Register no later than Feb. 16

Ideal participants for these classes are adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes; their family members, friends and caregivers can also participate. The program provides information and teaches practical skills on managing chronic health problems. The classes give people the confidence and motivation they need to manage the challenges of living with a chronic health condition. Open to adults 55 and older.

SHARING & CARING

Thursday, February 23rd - 1:00 - 3:00pm - Classroom B

See all the details on pg. 12.



SHUFFLEBOARD & TABLE

TENNIS CLINIC

Friday, February 24th - 11:00am - Multipurpose Room B

Facilitator: Jessica Pollard, H&W Coord.

Register no later than Feb. 17

Shuffleboard & table tennis are both fun , easy games to learn. Whether you are a beginner or a seasoned player, come to this clinic to learn the rules of the games and pick up some tips. Open to adults 55 & older and exceptions under the general participation policy.

SATURDAY MORNING BREAKFAST

Saturday, February 25th - 9:30am -

Multipurpose Rooms A & B

Register no later than Feb. 17

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be a guest of someone 55 or older.



HEART OF THE MATTER

Tuesday, February 28th -

10:30am - Multipurpose Room A

Speaker: Bobbi Clark, Novant Health

Register no later than Feb. 21

Decisions, decision, decisions!!! Do you lay on the couch or get out for an afternoon stroll? Do you have a hotdog at the game or eat a low fat deli sandwich before you go? Do you stay up all night finishing that home improvement project or turn in for that much needed sleep? Do you tackle that smoking addiction or just accept that everyone has their vices? Every day provides an opportunity to make healthy choices that are good for your heart, your longevity, and your quality of life. Hear from Bobbi Clark, RN, how to embrace those opportunities without regarding positive health behaviors as sacrifices. Open to adults of all ages - no children, please.

THEATRE CLUB

Tuesday, February 28th - 1:00pm - Classroom B

See all the details on pg. 20.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE

ASK THE DOCTOR

Monday, March 6th - 10:45 - 11:15am -
Multipurpose Room A
Speaker: Dr. George Kimberly
See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

Tuesday, March 7th - 10:45am -
Multipurpose Room A
See all the details on pg. 19.

BINGO

Thursday, March 9th - 1:00pm -
MP Room B

Sponsor: Lions Club of Mocksville
Register no later than March 2

Come out for some fun games of Bingo!
Refreshments will be served. Open to adults
55 & older and exceptions under the general
participation policy. *In order to make our
events more accessible, Braille cards and
display screen are available.*



SHARING & CARING

Thursday, March 9th - 1:00 - 3:00pm -
Classroom B
See all the details on pg. 12.



HORSESHOES & BOCCE CLINIC

Friday, March 10th - 11:00am - Rich
Park

Facilitator: Jessica Pollard, Health
& Wellness Coordinator

Register no later than March 3

Horseshoes & bocce are both fun, easy games
to learn. Whether you are a beginner or a
seasoned player, come to this clinic to learn
the rules of the games and pick up some tips.
Open to adults 55 & older and exceptions
under the general participation policy.

THE REAL DEFINITION OF HEALTH

Tuesday, March 14th - 10:45am -
Multipurpose Room A

Speaker: Dr. Jason Barker, Stagecoach
Family Chiropractic Clinic
Register no later than March 7

Learn the basics to 5 keys to health--focusing

in on a positive mindset, proper nervous
system, healthful nutrition tips, functional
exercise, and ways to decrease exposure to
toxicity. This workshop is interactive, gets
people moving, and everyone leaves with
practical action steps to experience their best
health! Open to adults of all ages - no children
please.

GOT PLANS? ADVANCE CARE PLANNING **WORKSHOP**

Tuesday, March 14th - 1:00pm -
Multipurpose Room B
Register no later than March 7
See all the details on pg. 19.

SCRAPBOOKING

Tuesday, March 14th - 2:00pm -
Classroom B
Register no later than March 7
See all the details on pg. 12.

ALZHEIMER'S SUPPORT GROUP

Tuesday, March 14th - 6:30pm -
Classroom B
Register no later than March 7
See all the details on pg. 23.



WELCOME TO MEDICARE

Friday, March 17th - 10:00am -
12:00pm - Multipurpose Room B
Speaker: Kim Shuskey, Senior

Services Director and various SHIP
counselors

Register no later than March 10

If you will be eligible for Medicare soon, learn
about the many options available so you can
make the choices that are right for you. This
program will explore the basics of Medicare,
including Parts A & B, supplements,
prescription drug plans, Advantage plans, as
well as assistance programs to help pay for
some of Medicare-related costs. This program
is open to anyone who will soon be on
Medicare. A light meal will be served after the
program.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE

CROP TILL YOU DROP

Saturday, March 18th - 9:00am

3:00pm - Multipurpose Rooms

A & B

Register no later than March 10

Attention all scrappers!! Bring your scrapbooking supplies and get ready to have fun! For six hours we will scrapbook, give away lots of door prizes, play some fun games and have great snacks. Come for the whole time or just part of the day - whatever suits you best. You are sure to have fun, learn something new and get lots done. Open to the community of all ages.

MONTHLY MOVIE

Monday, March 20th - 1:00pm -

Multipurpose Rooms A & B

Register no later than March 13

MPLC license No: 504019703

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

SENIOR BOOK CLUB

Tuesday, March 21st - 1:30 - 3:00pm -

Classroom A

Register no later than March 14

See at the details on pg. 19.

SHARING & CARING

Thursday, March 23rd - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 12.

LINE DANCE WORKSHOP

Friday, March 24 - 1:00pm - 3:00pm -

Multipurpose Rooms A & B

Register no later than March 17

See all the details on pg. 16.

THEATRE CLUB

Tuesday, March 28th - 1:00pm -

Classroom B

See all the details on pg. 20.

WALK IN THE PARK DAY WITH OR WITHOUT THE GRANDKIDS

Thursday, March 30th - 2:30pm - Rich Park

Register no later than March 23

Join us for National "Take a Walk in the Park Day". We will meet at Rich Park in front of the baseball field & walk the trails. Feel free to bring your grandchildren, great-grandchildren, etc., or come on your own. Those who don't wish to walk can enjoy the afternoon on the playground or under the shelter. Light, healthy snacks will be served at the conclusion of the walk. You may bring any number of guests you want, but all children must be accompanied by an adult. Older adults are welcome without grandchildren as well.



ROCK-A-THON

Friday, March 31st - 5:00pm -

8:00pm -Senior Services

For four hours, "Rock-A-Teers" will rock in rocking chairs. There will be non-stop music, entertainment, games and giveaways throughout the event. Rock-A-Teers will recruit sponsors to sponsor their time rocking and anyone in the community can attend the event. A food truck will be available from which to purchase food. Become a Rock-A-Teer or just come out and enjoy the fun. All proceeds go to Senior Services.

SENIOR GAMES & SILVERARTS

WHAT'S NEW?

Davie County Senior Services is the new sponsor of Davie County Senior Games and SilverArts. You will find all the things you love about this program, as well as a few new things we hope you will love!



Some of the new happenings include:

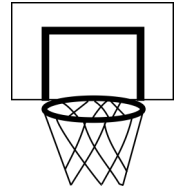
- Cornhole Clinic - 1/6 @ 10:00am
- Cornhole League - 1/13 - 2/3 @ 10:00am
- Senior Games / SilverArts / Cheerleader Open House - 2/17 @ 10:30am
- Shuffleboard & Table Tennis Clinic - 2/24 @ 11:00am
- Horseshoes & Bocce Clinic - 3/10 @ 11:00am

See newsletter for all the details about these events.

WHAT IS SENIOR GAMES?

Senior Games offers competitive and non-competitive sports events for seniors 50 and older. Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, ping pong, etc.

Games are held April - May.



WHAT IS SILVERARTS?

SilverArts provides a stage for the creative talents of visual, heritage, literary and performing artists 50 and older. Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, poems, short stories, and much more. If you can sing, dance, tell a funny story, read a poem, perform a dramatic reading or skit, we need you for the Performing Arts section of SilverArts.



Please note that all SilverArts entries must be the original work of the artist, and all pieces must have been completed within two years of the date of entry. Works will be turned in on a date to be determined in May.

HOW CAN I BE PART OF THE FUN?

Just complete an application. One small participation fee covers competition in all SilverArts events, most Senior Games events, as well as opening and closing ceremony events and meals. You also get a great souvenir t-shirt.

Deadline for registration is March 24. Registration forms are available at Davie County Senior Services or online at www.daviecountync.gov/seniorservices after Feb. 1.

SPECIAL THANK YOU

In September, 2016, Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort. We appreciate all the community support in this effort, which was very successful. Thanks also to the many volunteers who made the events possible. The money raised will help ensure programs and services will continue to help those who need them, and will help purchase needed equipment.

We especially would like to thank the following businesses for their support as sponsors of Senior Center Month:



Presenting Sponsor:

Wake Forest Baptist Health Davie Medical Center
Anonymous

Silver Sponsors:

Davie County Enterprise
Sheetz
Sagebrush Steakhouse
Yadtel

Bronze Sponsors:

Allegra FootPRINT Fund
Aspire Heating and Cooling
C & D Express Enterprises Inc
Carolina Center for Eye Care
Davie Discount Drugs
Eaton's Funeral Service
Foster Drug Co
Hayworth-Miller Funeral Home
Hillsdale Dental
Meg Brown Home Furnishings
Rivers Family & Cosmetic Dentistry
Walgreens
Walmart
Webb Heating & A/C Co., Inc



ONGOING ACTIVITIES - MOCKSVILLE SITE



Arts & Crafts

QUILTING

Mondays - 10:00am - 12:00pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

DAVIE COUNTY QUILT GUILD

3rd Monday of each month at 6:30pm - (January 16, February 20, March 20) - Multipurpose Rooms A & B

President: Lita Wieter

Membership Dues: \$20.00 per year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00pm - MP Room B

Instructor: Annette Ratledge

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm
Classroom B - (January 10, February 14, March 14)**

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

WOODCARVING

Wednesdays - 9:00 - 11:00am - Classrooms A & B

Facilitator - Tim Trudgeon

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP

2nd & 4th Thursdays of each month - 1:00 - 3:00pm - Classroom B

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together, making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Justin Edwards

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

ONGOING ACTIVITIES - MOCKSVILLE SITE

COMPUTERS (PC): BEGINNERS

This class is for those of you who have never used a Windows-based computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. ***This class is 4 days and has no prerequisites.***

Upcoming Session:

- January 9, 10, 11 & 12 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm Media Room

FILE MANAGEMENT BASICS

You'll learn how to save files in several formats (what if the person you are sending a document to only has WordPerfect and not Word), how to save to several devices, make folders and rename them, search for those files that are somewhere on your computer, how to copy or move files for back up or deletion, compress (zip) your files, search for files on your computer, and create a backup of important files. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills taught in Computers (PC): Intermediate.***

Upcoming Session:

- January 9, 10, 11 & 12 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

CAMERAS, PRINTERS & OTHER DEVICES

This class will discuss how to install & review the basic use of the following devices: printers, scanners, digital cameras and digital camcorders. You'll learn what you need to know when purchasing the devices, discuss pros/cons & some features of each device, & how to find out more information about devices from the internet. ***This class is 3 days and is intended for students who have a basic understanding of computers as well as skills learned in Computers (PC): Intermediate.***

Upcoming Session:

- January 17, 18, & 19 (Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

COMPUTERS (PC): INTERMEDIATE

This class is suitable for those who have very little knowledge of computers, but **do know** how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time going over the Operating System (Windows), file management, and other basic functions of navigating the computer. ***This class is 4 days and is intended for those with mouse / keyboard skills such as skills learned in Computers (PC): Beginners.***

Upcoming Session:

- January 23, 24, 25, & 26 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

EMAIL BASICS

This class will discuss how to communicate electronically. Learn the proper way to send an email and to include attachments. You will learn how to send / receive emails, set up your address book, design an email signature, and manage spam. You will need your login name and password. We will be using Google Mail (Gmail) for this class. If you do not have a Google account please come 15 minutes prior to class so that we can set one up for you. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Computers (PC): Intermediate.***

Upcoming Session:

- January 23, 24, 25, & 26 (Mon, Tues. Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

GOOGLE DOCS: ALTERNATIVE TO MS WORD

This course shows you a free alternative to Microsoft Word and we will talk about creating simple word processing documents including letters, bulleted / number lists, printing, and more. We will also cover navigation, file sharing, and using this program in conjunction with Google Drive. Some of the nice features of this program is automatic-save, cloud-based file storage, and anywhere access using the Internet. ***This class is 4 days and students will need to have a***

ONGOING ACTIVITIES - MOCKSVILLE SITE

valid Google account as well as skills learned in Computers (PC): Intermediate.

Upcoming Session:

- February 6, 7, 8 & 9 (Mon., Tues. Wed. & Thurs.) - 4:00 - 5:30pm - Media Room

GOOGLE SHEETS: ALTERNATIVE TO MS EXCEL

This course shows you a free alternative to Microsoft Excel and we will talk about creating simple spreadsheet documents, including entering / editing cells, simple functions, adding / deleting rows and columns, and more. We will also cover navigation, file sharing, and using this program in conjunction with Google Drive. Some of the nice features of this program is automatic-save, cloud-based file storage, and anywhere access using the Internet. ***This class is 4 days and students will need to have a valid Google account as well as skills learned in Computers (PC): Intermediate.***

Upcoming Session:

- February 6, 7, 8 & 9 (Mon., Tues., Wed., Thurs.) - 6:00 - 7:30pm - Media Room

GOOGLE SLIDES: ALTERNATIVE TO MS POWERPOINT

This course shows you a free alternative to Microsoft PowerPoint and we will talk about creating simple slideshow presentations, including inserting photos, videos, sounds, transition effects, and more. We will also cover navigation, file sharing, and using this program in conjunction with Google Drive. Some of the nice features of this program is automatic-save, cloud-based file storage, and anywhere access using the Internet. ***This class is 4 days and students will need to have a valid Google account as well as skills learned in Computers (PC): Intermediate.***

Upcoming Session:

- February 13, 14, 15 & 16 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

GOOGLE SITES

This class is suitable for those who want to know how to create a personal or small business website. Google Sites is an easy-to-use, drag and drop, what you see is what you get, type website builder that will allow you to post your own personal content to the web free of charge.

This class is 4 days and students will need to have a valid Google account as well as skills learned in Computers (PC): Intermediate.

Upcoming Session:

- February 13, 14, 15 & 16 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

WINDOWS 10

This class is suitable for those who have little knowledge of Windows 10, but have used other versions of Windows in the past. We will discuss navigating the new system and various tips and tricks that will help you to gain confidence in this new operating system. We will cover the basic functions of the system as well as go over the new features that set it apart from the other previous versions. There are some neat new features such as snipping the screen, creating virtual desktops, using snap assistant, and even screen recording. ***This class is 4 days and is intended for those with mouse / keyboard skills as well as skills learned in Computers (PC): Beginners and Computer (PC): Intermediate.***

Upcoming Session:

- February 20, 21, 22 & 23 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

ANDROID PHONES: BEGINNERS

Learn how to use your Android-based phone, from making phone calls and texting to adding apps and editing documents, all while on the go. Your smartphone can become a replacement for many of the tech devices you use both inside and outside your home. We will talk about how to setup and navigate your smartphone using the Android-based operating system. This class is designed to make you smarter than your "smart phone" so that you can put it to work for you.

This class is 4 days and has no prerequisites.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Upcoming Session:

- March 6, 7, 8, & 9 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

ANDROID TABLETS: BEGINNERS

Learn how to use your Android-based tablet as an alternative to your computer. We will discuss setup, basic navigation, as well as using many of the same apps that can be found on your computer. These applications include email, calendar, notes, Skype, e-book readers, and other applications that will allow you to use your tablet as an alternative to your home computer and even sync information from your tablet between other devices. ***This class is 4 days and has no prerequisites.***

Upcoming Session:

- March 6, 7, 8, & 9 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

IPHONE: BEGINNERS

Learn how to use your iOS-based phone, from making phone calls and texting to adding apps and editing documents, all while on the go. Your smart phone can become a replacement for many of the tech devices you use both inside and outside your home. We will talk about how to setup and navigate your smart phone using the iOS-based operating system. This class is designed to make you smarter than your "smart phone" so that you can put it to work for you.

This class is 4 days and has no prerequisites.

Upcoming Session:

- March 13, 14, 15 & 16 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

IPAD: BEGINNERS

Learn how to use your iPad tablet as an alternative to your computer. We will discuss setup, basic navigation, as well as using many of the same apps that can be found on your computer. These applications include email, calendar, notes, Skype, e-book readers, and other applications that will allow you to use your tablet as an alternative to your home computer and even sync information from your tablet between other devices. ***This class is 4 days***

and has no prerequisites.

Upcoming Session:

- March 13, 14, 15 & 16 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

COMPUTER TROUBLESHOOTING

We'll review basic troubleshooting techniques to check when you are experiencing computer issues. We will look at steps to take for basic problem-solving, how to document the issue, and steps to help you talk with a technician should the issue require it for resolution. ***This class is 4 days and students will need to have skills learned in Computers (PC): Intermediate.***

Upcoming Session:

- March 20, 21, 22 & 23 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

**DON'T FORGET TO BRING
YOUR MOBILE DEVICES
AND ENJOY FREE WI-FI
WHILE AT SENIOR
SERVICES.**



free WiFi

ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

LINE DANCING LEVEL 1

Tuesdays & Thursdays - 8:45 - 9:45am - Exercise Classroom

Instructor: Jean Warwick

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 & older & exceptions under the general participation policy.

LINE DANCING LEVEL 2

Mondays, Wednesdays & Fridays - 9:45 - 10:45am - Exercise Classroom

Instructors: Cathy Smith & Kathy Mashburn

For those who have the basics down, we will learn more complex dances. Individual instruction cannot be provided to learn dances that have already been taught. Please attend Line Dancing 1 for those basic dances. Open to adults 55 & older and exceptions under the general participation policy.

BEGINNER'S LINE DANCE (EVENING)

Thursdays - 6:00pm - 7:00pm - Exercise Classroom

Instructor: Vickie Spivey

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 & older & exceptions under the general participation policy.

LINE DANCE WORKSHOP

Friday, March 24 - 1:00 - 3:00pm - Multipurpose Rooms A & B

Instructor: Brenda Holcomb

Cost: \$5.00 (pay directly to instructor)

Register no later than March 17

Once a quarter we will bring in a professional line dancing instructor to enhance the skills taught each week by our volunteer instructors. This class is open to anyone - beginner or experienced line dancer. You do not need to be a participant of a current line dancing class in order to attend. Open to adults 55 & older & exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|--------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Puzzles |
| * Checkers | * Scales |
| * Chess | * Shredder |
| * Computer Lab | * Videos |
| * Fitness Room | * Wii |
| * Magazines | |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



SilverStrikers

BOWLING LEAGUE

Mondays - 8:30am - depart from Senior Services

Cost: \$6.25 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Jessica Pollard, Health & Wellness Coordinator

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Jessica Pollard, H&W Coord.

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

YOGA FOR SENIORS

Mondays & Wednesdays - January 9 - March 29 - Exercise Room

Instructor: Kim Crawford

4 CLASSES TO CHOOSE FROM:

11:00am - 12:00noon

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins December 14 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

AFTER FIVE FITNESS

Mondays & Wednesdays - 6:00 - 7:00pm - Exercise Room

Instructor: June Hyland

Cost: No charge

This class will follow similar lines to the Silver Health and Morning Wake Up programs. Classes will start with resistance training with hand weights and bands to tone the core muscles, move to a period of aerobic exercise to build up cardio fitness, and end with a cool down of stretching exercise to maintain flexibility. Open to adults 55 & older and exceptions under the general participation policy.

PICKLEBALL OPEN PLAY

Tuesdays & Thursdays - 9:30 - 11:00am - Recreation Department Gym

Cost: No charge

We are pleased to partner with Davie County Recreation & Parks to provide Pickleball Open Play. Pickleball has been described as a combination of ping pong, tennis and badminton. It is a lot of fun to play. Drop in for a game to see what all the excitement is about. Open to adults of all ages - no children, please.

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

WATER AEROBICS CLASS - NEW DAYS!

Tuesdays & Thursdays, January 10 - February 16 - 2:30pm - 3:30pm

Location: Davie Family YMCA

Cost: \$20 for a 6 week class

Minimum number required to have each class is 12. Maximum number is 20.

We are excited to be able to offer Water Aerobics classes at the Davie Family YMCA. These classes meet every Tuesday & Thursday for 6 weeks and are led by a YMCA certified instructor. Senior Services will cover the remainder of the cost of this class. You will pay the YMCA directly for your portion of the cost. You must pre-register through Senior Services, not the YMCA. **Open to adults 55 and older only who are not YMCA members.**

ONGOING ACTIVITIES - MOCKSVILLE SITE

DANCE PARTY AEROBICS

Tuesdays - 6:15 - 7:15pm

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older & exceptions under the general participation policy.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm (effective July 1)

Saturday - 9:00am - 1:00pm

Cost: No charge (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**

PERSONAL TRAINING

YMCA staff members will come to Senior Services to offer personal training on the machines in our Fitness Room as well as other personal training tips. The YMCA is offering our participants member pricing for this service. You must call the YMCA directly to set up an appointment for this service and pay them directly. Contact person at the YMCA is Lee Jarvis, Healthy Living Manager. Their number is 336-751-9622.

Cost is:

- \$30.00 - 30 minute session
- \$175.00 - 8 sessions package (30 minutes each)
- \$345.00 - 16 session package (30 minutes each)
- \$500.00 - 24 session package (30 minutes each)

Games

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|--------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |
| * Mario Kart | |

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Wednesdays - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Wednesdays - 1:30 - 5:00pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

ONGOING ACTIVITIES - MOCKSVILLE SITE

TEXAS HOLD 'EM

Thursdays - 1:00pm - Classroom A

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

ASK THE DOCTOR

1st Monday of each month - 10:45 am - Multipurpose Room A (January 9 - note change of date due to holiday, February 6, March 6)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (January 3, February 7, March 7)

A trained professional will take your blood pressure at no charge.

GOT PLANS? ADVANCE CARE PLANNING

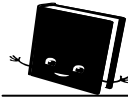
2nd Tuesday of each month - 1:00 pm - Multipurpose Room B - (January 10, February 14, March 14)

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register no later than Tuesday before each seminar

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple. Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 1:30 - 3:00pm - Classroom A

Jan 17 - "Aviator's Wife" by Melanie Benjamin

Feb. 21 - "Brown Girl Dreaming" by Jacqueline Woodson

**March 21 - "Moviegoer" by Percy Walker
Leader: Genny Hinkle**

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored by the Davie County Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



Lunch

Mondays - Wednesdays - 11:30am

**Thursdays & Fridays - 11:00am - MP Room A
Staff Contact: Ina Beavers, Nutrition Program Coordinator**

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.30. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Special Interest

PIEDMONT POWER ASSOCIATION

**1st Mon. of each month - 7:00pm -
MP Rooms A & B - (January 2, February 6,
March 6) President: Arthur Bostick
Annual Dues: \$20.00**

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

**4th Tuesday of every other month - 3:00pm -
Classrooms A & B (January 24, March 28)
Staff Contact: Kim Shuskey, Director**

This is a volunteer group appointed by Davie County Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.

Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

**Each Thursday - 10:00am - Multipurpose
Room B (Jan. - June/Sept. - Dec.)
Chorus Director: Marie Craig
Annual Dues: \$10.00**

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

THEATRE CLUB

**4th Tues. each month - 1pm - Classroom B
(January 24, February 28, March 28)
Staff Contact: Barbara Thornton, Senior
Center Aide**

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

Financial Support

LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or certain securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



OTHER ONGOING PROGRAMS & SERVICES

Services

**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, SERVICES COORDINATOR,
UNLESS INDICATED OTHERWISE.**

BUDDY PROGRAM

**Staff Contact: Mitzi Hunter, Morning
Receptionist**

Cost: No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: No charge

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

DRAGON SPEECH RECOGNITION SOFTWARE

(Available at Mocksville Site)

Staff Contact: Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING

On the 3rd Tuesday of each month from 10:00 - 11:30, the Division of Services for the Deaf & Hard of Hearing are here for a closed meeting for pre-scheduled consumers applying for a hearing aid through the state equipment distribution program. For information on how to apply to this program, call 336-273-9692.

ENSURE PROGRAM

Cost: No charge, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



FIDGET APRONS

**Cost: No charge, donations
appreciated**

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

OTHER ONGOING PROGRAMS & SERVICES

HANDMADE PERSONAL ITEMS

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

HOMEBOUND MEALS

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.

INFORMATION & ASSISTANCE

Our Services Coordinator can answer questions and assist seniors, family members & caregivers of any age in obtaining a wide variety of services and information for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Tracy Veach, Administrative Assistant

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Time: By Appointment only

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

OTHER ONGOING PROGRAMS & SERVICES

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



VIAL OF LIFE

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm - Classroom B - (January 10, February 14, March 14)

Facilitator: Kelly Sloan, Services Coord.

Register no later than the Friday before the meeting

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel. All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

JANUARY 3 - WINSTON SALEM INDUSTRIES FOR THE BLIND, WINSTON SALEM, NC

Tuesday, January 3 - Departure time 9:00am, Return approximately 2:30pm

Cost: \$5.00 for transportation Money for lunch

We will tour this interesting operation that has recently expanded its optical laboratory. This lab has a total of 37 blind or visually impaired employees and about 30 sighted employees. They produce items such as progressive contact lenses. After the tour we will have lunch at K & W. Sign up starts November 15.

OTHER ONGOING PROGRAMS & SERVICES

FEBRUARY 7 - RONALD MCDONALD HOUSE, WINSON SALEM, NC

Tuesday, February 7 - Departure time 9:00am, Return approximately 3:00pm

Cost: \$5.00 for transportation

Money for lunch

We will visit the Ronald McDonald House for a tour. They are collecting valentines for the people staying at the house. If able, please bring in at least two valentines (handmade or store bought is fine). We will deliver those as well as others we have collected when we go. We will stop for lunch at Cloverdale Restaurant. Sign up starts Dec. 15.

MARCH 7 - MAST GENERAL STORE, WINSTON SALEM, NC

Tuesday, March 7 - Departure time 9:00am, Return approximately 3:00pm

Cost: \$5.00 for transportation

Money for lunch

Money for shopping if desired

Valle Crucis has the original Mast General Store and now Winston Salem has one as well - a little more modern, but still 2 floors with a lot of the same items, including lots of barrel of old timey candy. We will have lunch in Winston and on the way home we will stop in Clemmons at the Country Store. Sign up starts Jan. 13.

APRIL 4 - LAROSA ATKINS MANOR, MOUNT AIRY, NC

Tuesday, April 4 - Departure time 8:45am, Return approximately 3:30pm

Cost: \$5.00 for transportation

\$6.00 for tour

Money for lunch

The Manor is a vintage home with collections owned by Ed and April Atkins. They will give the tour with many stories. Ask April about the "Ape Story". You will see dolls, china, furniture and lots of history. Ed is a master stained glass craftsman and his craft is placed throughout the house. A "must" trip to enjoy! We will have lunch in downtown Mount Airy at a restaurant of your choice. Snappy Lunch is the most popular! Sign up starts Feb. 15.



Trips - Extended

PIGEON FORGE, TN

Tuesday - Thursday, May 9 - 11

Prices - Per Person:

\$510.00 - single \$394.00 - double

\$356.00 - triple \$336.00 - quad

Trip Leader - Barbara Thornton

We will enjoy Pigeon Forge in the springtime.

Price includes the following:

Tuesday, May 9:

- Visit Smokey Mountain Knife Works, one of the oldest and largest knife retailers
 - Dinner at Old Mill House Pottery Café
- Comedy Barn Variety Show, which has been labeled Pigeon Forge's Funniest Show as well as American's Funniest Family Variety Show.

Wednesday, May 10:

- Breakfast at Hotel
- Visit Bush's Visitors Center - learn history of the Bush's Baked Beans company, all housed in the original A.J. Bush & Company General Store
 - Shop at Tanger Outlets
- Dinner at Applewood Farmhouse Restaurant
 - Smoky Mountain Opry - featuring music, dancing, a comedian, and more

Thursday, May 11:

- Breakfast at hotel
- Magic Beyond Belief - critically acclaimed production featuring Darren Romeo with his white tigers, large-scale original illusions, vocal performances, celebrity impersonations and comedy
 - Visit Country Candy Kitchen.

Price also includes hotel accommodations at Comfort Inn and travel on motor coach.

Reservations can be made with your \$50.00 deposit. Deadline for registration is

April 3. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.

OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors may be able to be compensated if funding permits.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid. Background screening required.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Sharon Allard, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.



TELEPHONE REASSURANCE PROGRAM

Contact: Tracy Veach, Administrative Assistant

Volunteers call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Wednesdays - 10:30am

Get your exercise each Wednesday with your friends.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(January 18, February 15, March 15)

A trained professional will take your blood pressure at no charge.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.30. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events

FOOT CARE SEMINAR

Friday, January 6- 10:30am

Register no later than Dec. 30

Taking care of our feet is important. Learn more about proper foot care at this seminar. Open to adults of all ages - no children, please.



VALENTINE CARD DRIVE

Monday, January 9th - 10:30am

Register no later than Dec. 30

We will be making Valentine cards to send to the Ronald McDonald House. You can also bring in additional Valentines to take (either handmade or store-bought). Open to adults 55 & older and exceptions under the general participation policy.

HISTORY OF DAVIE COUNTY

Friday, January 20th - 10:30am

Speaker: Jane McAllister

Register no later than Jan. 13

Ms. McAllister will share information from her book, "Davie County", that she co-authored with Debra Dotson. Open to adults of all ages - no children, please.

CORNHOLE

Monday, January 23rd - 10:30am

Register no later than Jan. 18

Cornhole is a fun game that anyone can play. Come try your hand at it during this event. Open to adults 55 and older and exceptions under the general participation policy.

FACTS ABOUT PARKINSONS DISEASE

Monday, January 30 - 10:30am

Register no later than Jan. 23

Parkinson's Disease is more common in adults over 60. Learn some facts about this disease at this seminar. Open to adults of all ages - no children, please.

CLASSES & ACTIVITIES - FARMINGTON SITE

PANTRY BINGO

Friday, February 10th - 10:30am

Register no later than Feb. 3

Win items you can actually use at this event.
Open to adults 55 & older and exceptions under the general participation policy.

VALENTINE'S CELEBRATION

Tuesday, February 14 - 10:30am

Register no later than Feb. 7

Celebrate this day of love with all your friends.
There will be light refreshments and lots of fun.
Open to adults 55 & older and exceptions under the general participation policy.

FACTS ABOUT HEART ATTACKS

Friday, February 24th - 10:30am

Register no later than Feb. 17

In honor of American Heart Month, learn some facts about heart attacks that may help save your life. Open to adults of all ages - no children, please.

NUTRITION EDUCATION

Friday, March 3rd - 10:30am

Speaker: Cathy Manson, Davie County Health Department

Register no later than Feb. 24

Get some tips to eat healthier and more nutritiously at this seminar. Open to adults of all ages - no children, please.

WOMEN'S HISTORY MONTH

Monday, March 6th - 10:30am

Speaker: Donna Harris, Ms. Senior Davie County

Register no later than Feb. 27

Our very own Ms. Senior Davie County will share facts with the group about Women's History Month. Open to adults of all ages - no children, please.

ST. PATRICK'S DAY CELEBRATION

Friday, March 17th - 10:30am

Register no later than March 10

Wear your green and join in the fun at our St. Patty's Day celebration.
Open to adults 55 & older and exceptions under the general participation policy.



FALL PREVENTION BINGO

Monday, March 20th - 10:30am

Facilitator: Jessica Pollard, Health & Wellness Coordinator

Register no later than March 13

Play bingo and learn some great tips to help prevent falls. Open to adults 55 & older and exceptions under the general participation policy.

MAKE A CRAFT IN HONOR OF NATIONAL CRAFT MONTH

Monday, March 27th - 10:30am

Register no later than March 20

Come make a simple, inexpensive craft that you can enjoy during the season. To learn more about the craft, contact Darlene at the Farmington site. Open to adults 55 and older and exceptions under the general participation policy.

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

*Calendar of Events -
FARMINGTON SITE*

JANUARY

- Jan. 2 - CLOSED FOR NEW YEARS
- Jan. 6 - Foot Care Seminar - 10:30am
- Jan. 9 - Valentine Card Drive - 10:30am
- Jan. 16 - CLOSED FOR MARTIN LUTHER KING DAY
- Jan. 18 - Blood Pressure Screens - 10:30am
- Jan. 20 - History of Davie County - 10:30am
- Jan. 23 - Cornhole - 10:30am
- Jan. 30 - Facts About Parkinson's Disease - 10:30am

FEBRUARY

- Feb. 10 - Pantry Bingo - 10:30am
- Feb. 14 - Valentine's Day Celebration - 10:30am
- Feb. 15 - Blood Pressure Screens - 10:30am
- Feb. 24 - Facts About Heart Attacks - 10:30am

MARCH

- March 3 - Nutrition Education - 10:30am
- March 6 - Women's History Month - 10:30am
- March 15 - Blood Pressure Screens - 10:30am
- March 17 - St. Patrick's Day Celebration - 10:30am
- March 20 - Fall Prevention Bingo - 10:30am
- March 27 - Make a Craft - 10:30am

*Calendar of Events -
MOCKSVILLE SITE*

JANUARY



- Jan. 2 - CLOSED FOR NEW YEARS
- Jan. 2 - Piedmont Power Association - 7:00pm
- Jan. 3 - Day Trip - Winston Salem Industries for the Blind - Depart at 9:00am
- Jan. 3 - Blood Pressure Screening - 10:45am
- Jan. 5 - Senior Birthday Party - 2:00pm
- Jan. 6 - Cornhole Clinic - 10:00am
- Jan 9 - Ask the Doctor - 10:45am
- Jan. 9 - New Yoga session starts - 11:00am
- Jan. 9 - Bowling Lunch - 12:30pm
- Jan. 9 - New Yoga session starts - 1:00pm
- Jan. 9 - New Yoga session starts - 2:00pm
- Jan. 9 - New Yoga session starts - 3:00pm
- Jan. 9 - Computers (PC): Beginners Class starts - 4:00pm
- Jan. 9 - File Management Basics Class starts - 6:00pm
- Jan. 10 - Healthy Living For Your Brain & Body - 10:45am
- Jan. 10 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Jan. 10 - Scrapbooking - 2:00pm
- Jan. 10 - Water Aerobics starts - 2:30pm - YMCA
- Jan. 10 - Alzheimer's Support Group - 6:30pm
- Jan. 12 - Sharing & Caring - 1:00pm
- Jan. 13 - Cornhole League starts - 10:00am - Recreation Department
- Jan. 16 - CLOSED FOR MARTIN LUTHER KING DAY
- Jan. 16 - Quilt Guild - 6:30pm
- Jan. 17 - Veterans Social - 10:30am

Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

- Jan. 17 - Senior Book Club - 1:30pm
- Jan. 17 - Cameras, Printers & Other Devices class starts - 4:00pm
- Jan. 20 - Lunch With County Commissioners - 12:00pm
- Jan. 21 - Healthy Davie Challenge Kickoff - 10:00am - Davie High
- Jan. 23 - Valentine Card Drive starts
- Jan. 23 - Monthly Movie - 1:00pm
- Jan. 23 - Computers (PC): Intermediate class starts - 4:00pm
- Jan. 23 - Email Basics class starts - 6:00pm
- Jan. 24 - What's New at the Library - 10:45am
- Jan. 24 - Theatre Club - 1:00pm
- Jan. 24 - Advisory Meeting - 3:00pm
- Jan. 26 - Sharing & Caring - 1:00pm
- Jan. 27 - Valentine's String Art - 1:00pm
- Jan. 31 - Senior Lunch - 11:30am

FEBRUARY

- Feb. 2 - Good For Your Heart Walk - 8:30am - Recreation Dept.
- Feb. 3 - National Wear Red Day
- Feb. 3 - Tax Aide starts - 9:00am
- Feb. 6 - Ask the Doctor - 10:45am
- Feb. 6 - Google Docs: Alternative to MS Word class starts - 4:00pm
- Feb. 6 - Google Sheets: Alternative to MS Excel class starts - 6:00pm
- Feb. 6 - Piedmont Power Assoc. - 7:00pm
- Feb. 7 - Day Trip - Ronald McDonald House - Depart at 9:00am
- Feb. 7 - Blood Pressure Screenings - 10:45am
- Feb. 8 - Long Term Care - How to Choose & How to Pay - 10:45am

- Feb. 9 & 10 - Singing Telegrams
- Feb. 9 - Sharing & Caring - 1:00pm
- Feb. 9 - Dinner & a Movie - 5:30pm
- Feb. 10 - Live Healthy Screenings - 9:00am
- Feb. 13 - Google Slides: Alternative to MS Powerpoint class starts - 4:00pm
- Feb. 13 - Google Sites class starts - 6:00pm
- Feb. 14 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Feb. 14 - Scrapbooking - 2:00pm
- Feb. 14 - Valentine's Day Party - 2:00pm
- Feb. 14 - Alzheimer's Support Grp. - 6:30pm
- Feb. 17 - Senior Games / SilverArts / Cheerleader Open House - 10:30am
- Feb. 20 - Monthly Movie - 1:00pm
- Feb. 20 - Windows 10 class starts - 4:00pm
- Feb. 20 - Quilt Guild - 6:30pm
- Feb. 21 - Senior Book Club - 1:30pm
- Feb. 22 - Black History Month Celebration - 10:30am
- Feb. 23 - Living Healthy With Chronic Conditions class starts - 10:00am
- Feb. 23 - Sharing & Caring - 1:00pm
- Feb. 24 - Shuffleboard & Table Tennis Clinic - 11:00am
- Feb. 25 - Saturday Morning Breakfast - 9:30am
- Feb. 28 - Heart of the Matter - 10:30am
- Feb. 28 - Theatre Club - 1:00pm

Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**



MARCH

- March 6 - Ask the Doctor - 10:45am
- March 6 - Android Phones: Beginners class starts - 4:00pm
- March 6 - Android Tablets: Beginners class starts - 6:00pm
- March 6 - Piedmont Power Association - 7:00pm
- March 7 - Day Trip - Mast General Store - Depart at 9:00am
- March 7 - Blood Pressure Screening - 10:45am
- March 9 - Bingo - 1:00pm
- March 9 - Sharing & Caring - 1:00pm
- March 10 - Horseshoes & Bocce Clinic - 11:00am - Rich Park
- March 13 - iPhone Beginners class starts - 4:00pm
- March 13 - iPads Beginners class starts - 6:00pm
- March 14 - The Real Definition of Health - 10:45am
- March 14 - Got Plans? Advance Care Planning Workshop - 1:00pm
- March 14 - Scrapbooking - 2:00pm
- March 14 - Alzheimer's Support Group - 6:30pm
- March 17 - Welcome to Medicare - 10:00am
- March 18 - Crop Till You Drop - 9:00am
- March 20 - Monthly Movie - 1:00pm
- March 20 - Computer Troubleshooting Class starts - 4:00pm
- March 20 - Quilt Guild - 6:30pm
- March 21 - Senior Book Club - 1:30pm
- March 23 - Sharing & Caring - 1:00pm

- March 24 - Line Dancing Workshop - 1:00pm
- March 28 - Theatre Club - 1:00pm
- March 28 - Advisory Meeting - 3:00pm
- March 30 - Walk in the Park With or Without the Grandkids - 2:30pm - Rich Park
- March 31 - Rock-a-Thon - 5:00 - 8:00pm



Senior Services will be closed on the following dates:

- Monday, January 2nd - New Year's Day Holiday
- Monday, January 16th - Martin Luther King, Jr. Day

SPECIAL SHIP INFORMATION



Do you or someone you know
need help paying for
Medicare prescription drugs?

If so, the Extra Help program may be
able to help.

You may qualify for EXTRA HELP for Medicare if:

- Your income is below \$17,820 per year for an individual or \$24,030 for a couple
- Your assets are below \$13,640 for an individual or \$27,250 for a couple

SHIP, the Seniors' Health Insurance Information Program, can
provide free, unbiased information and help you apply.

Call Davie County Senior Services at 753-6230 for an
appointment. You may also apply online at
www.socialsecurity.gov or by phone at 1-800-772-1213.

Receiving this help will not change your monthly Social
Security benefits. Medicaid recipients need not apply, as they are
automatically enrolled.



278 Meroney Street
Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

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ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.